

FOXBOROUGH REGIONAL CHARTER SCHOOL PROGRAM OF SONGS AND POETRY

Students from the Foxborough Regional Charter School will be at the senior center on Wednesday, February 26th from 1:00 p.m. to 2:30 p.m. to entertain us all with a special program of songs and original poetry. The *a cappella* class of 9th through 12th graders, known as the “Rhythm Riders,” will sing a selection of songs for us. This group has performed locally and at a Providence Bruins game. In addition to the Rhythm Riders, a class of 11th and 12th graders known as “Lyrics and Literature” will present a poetry program. The poetry presentation will consist of students reciting short, original poems written by the students themselves. Light refreshments will be served, so please call us 508-543-1252 if you are planning to attend this special event.

Monday, February 17

Presidents Day

Senior Center Closed

Tuesday, February 18

Stretch & Balance 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Shaws 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 19

Strength Training 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Chorus 10:00 a.m.

Jack Craig Program 11:15 a.m.

Kohl's in Mansfield 1:00 p.m.

TRIAD 1:00 p.m.

Thursday, February 20

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Italian 1 Class 11:00 a.m.

Advanced Italian Class 1:00

Low Vision Support Group 1:00 p.m.

Friday, February 21

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL PROGRAMS

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be at the senior center in February. Join us on the following Wednesdays starting at 11:15 a.m. for the following programs: February 19th “Sing! The Greatest Songs 1943 to 1945”, and; February 26th “Sing! The Greatest Songs 1946 to 1949.” Please give us a call at 508-543-1252 to sign up for a morning of songs and singing.

GARY HYLANDER HISTORY SERIES

Once again, our favorite history professor, Dr. Gary Hylander, will be at the senior center on Thursday, March 6th at 1:00 p.m. to present an informational lecture on “The Scarlet Letter” written by Nathaniel Hawthorne. This program is offered in partnership with Sage Educational Services. Our lecturer, Dr. Hylander, is a Professor of History at Stonehill College. He is a frequent lecturer at historical societies, libraries and professional organizations. If you are interested in joining us for this fun and informational program, please call us at 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. The featured program on February 19th and 20th is “John and Abigail Adams with Dr. Gary Hylander.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRAVEL AND ENTERTAINMENT

TRIP TO FOXWOODS CASINO

Come with us on Thursday, February 27th to Foxwoods Resort Casino, the northeast’s largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary’s parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon and driver’s gratuity. The cost for the day is \$22 per person. Payment was due by February 7th, so if you are interested in joining us, you must now pay for this trip at the time of sign up.

ST. PATRICK’S DAY AT LAKE PEARL LUCIANO’S

We can all claim to be a “wee bit” Irish on St. Patrick’s Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano’s in Wrentham for our St. Pat’s Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You’ll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don’t have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by “John Connors Irish Express.” The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration has begun, so please call the senior center at 508-543-1252 if you’d like to attend. Payment will be due on Friday, February 14th.

SIGN UP FOR THE TRIP TO NASHVILLE/SMOKY MOUNTAINS

On October 9th, we will be flying to Nashville, Tennessee. While in Nashville, we’ll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. For many people, this resort is an attraction on its own! Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit “The Hermitage” and the Fontanel Mansion, take a ride on the “Delta Flat Boats,” have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4th day, we’ll be traveling to Pigeon Forge, Tennessee where we will be enjoying dinner and a show at the Country Tonite Theater. On the following day, we’re off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Oktoberfest lunch. We’ll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14th, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America’s largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we’re off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up

for this trip will be on-going and will begin on February 13th. An initial deposit of \$700 per person (plus optional trip insurance) will be due at the time of sign up, but no later than March 31st, the second payment of \$700 per person will be due by May 12th and the final payment will be due by July 7th. All payment checks should be made payable to "Tours of Distinction."

REGULARLY SCHEDULED **CARD MAKING CLASS**

Why pay for expensive greeting cards in the store when you can create your own unique cards for just pennies? Learn the fun and creative craft of card making at the senior center. Our volunteer instructor, Helen Rice, teaches a card making class on Fridays from 11:00 a.m. to 1:00 p.m. The fee is just \$1 per class and will cover your supplies and instruction. Improve your already existing skills or learn something completely new!

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, February 19th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 20th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, February 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, February 25th beginning at 8:30 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

CLASSIC MOVIE DAY

This month's Classic Movie Day features the movie "Cleopatra." Due to the length of the film, it will be shown over 2 days. Part 1 is scheduled for Tuesday, February 25th at 12:30 p.m. and part 2 will be shown on Thursday, February 27th at 12:30 p.m. According to the website www.movie.com, this drama follows the eighteen tumultuous years that led to the founding of the Roman Empire. Cleopatra (Elizabeth Taylor) meets up with Julius Caesar (Rex Harrison) and plans to lure Caesar to her boudoir in order to forge an alliance with Rome so that she may hold on to her Egyptian empire. When Caesar is stabbed to death in the Roman Senate, Cleopatra is left without an ally, and Egypt is up for grabs. When Roman general Mark Anthony (Richard Burton) comes along, she seduces him in order to have him take over as her new protector. But, under the charms of Cleopatra, Mark Anthony is reduced from an awesome and dominating

general to a sniveling, drunken wimp. When Mark Anthony is defeated at Actium and Egypt is in peril, the doomed lovers meet each other for the last time as the enemy forces close in. This movie, filmed in 1963, was a \$60 million epic that generated headlines in the Hollywood gossip news of the time. If you're interested in joining us to watch "Cleopatra", please call the senior center at 508-543-1252 to sign up.

MEN'S BREAKFAST

Our next Men's Breakfast at the senior center will be held on Thursday, February 27th at 9:00 a.m. Our guest speaker for this month is Police Chief Ed O'Leary. The cost for the breakfast is \$3 and if you would like to attend, please call the senior center at 508-543-1252.

LUNCHEON OUTING

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Olive Garden Restaurant in Foxboro on Wednesday, February 26th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, February 24th. Van transportation is available.

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, March 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252. The month's book selection is "The Secret Keeper" by Kate Morton.

BINGO

If you enjoy playing Bingo, come and join the fun at the senior center on the first Monday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, March 4th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History of the United States Part 2" on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 19 – Kohl's

February 26 – Luncheon Outing at Olive Garden Restaurant

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior

center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

HUMAN SERVICES RESOURCES GUIDE

A Human Services Resources Guide has been created and published by the Foxborough Council on Aging and Human Services. The information included in this guide applies to adults and families, especially those with disabilities and/or limited income. Included is a section on town-specific programs, listings of services and programs not specific to Foxborough, lists of internet resources and a guide to numerous crisis hotlines. This guide is free and is available to all Foxborough residents at the following locations: the Foxborough Senior Center, Boyden Library, Foxborough Town Hall and the Veterans' Services Office.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

MEDICAL INFORMATION AND SERVICES

WHY DOES MY SHOULDER HURT?

Dr. James Snead, a board certified Orthopedic Surgeon who specializes in sports medicine with a unique expertise in shoulder and knee arthroscopy, will present an informational program on shoulder conditions. This program will be held on February 26, 2014 at the Sturdy Memorial Hospital Auditorium from 6:00 p.m. to 7:00 p.m. Dr. Snead will speak about the diagnosis and treatment options, both operative and non-operative, for common shoulder conditions in adults and youths. He will address rotator cuff and labral tears, shoulder instability and more. Time will be allowed for questions and answers at the end of the program. The evening will also include light refreshments and a guest raffle. To register for this free program, contact the Public Relations Department at Sturdy Memorial Hospital at 508-236-8020 by February 24th.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. His next visit will be on Monday, March 3rd. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to arrange for a ride.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, March 11th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on February 20th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your

health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning through April 8th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

CIRCUIT BREAKER TAX CREDIT

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2013 is \$1,030. To qualify: your or your spouse must be age 65 or older by the end of the tax year; if married, you must file jointly; you cannot be the dependent of another taxpayer; you must rent or own a home in Massachusetts that is your principle residence; if you are a homeowner, your property's assessed value cannot be greater than \$700,000 on January 1, 2013; if you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8) and your landlord must pay property taxes; you must meet the income limits, and; the amount you paid for real estate taxes must be greater than 10% of your total income. Your total income cannot be greater than these limits for the 2013 tax year: \$55,000 single, \$69,000 head of household or \$82,000 married filing jointly. For more information on the Circuit Breaker Tax Credit, log on to the www.mass.gov website.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 17

President's Day

No Meals Served

Tuesday, February 18

Tortellini with Alfredo Sauce

Peas

Whole Wheat Roll

Fresh Fruit

Wednesday, February 19

Meatloaf with Brown Gravy

Whipped Potato

Mixed Vegetables

Multigrain Roll

Mixed Fruit

Thursday, February 20

Chicken Marsala

Confetti Rice

Riviera Blend Vegetables

Wheat Bread

Pears

Friday, February 21

Salmon Filet with Cucumber Sauce

Whipped Potato

Chuck Wagon Vegetables

Whole Wheat Bread

Peaches